



PREF PROPELLER

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SUPT.'S CORNER

By: Michael Lloyd, Superintendent

Earlier this week, PREF opened its doors to Ms. Linda Adams of the Villages. The Villages is a foster care children's charity who raises money for Indiana children and their families, and Ms. Adams spoke to DOC employees from PREF as well as other facilities. Ms. Adams thanked everyone who donated to their organization last year and expressed gratitude on behalf of all of the youth who benefited from the donations.

Last year the Indiana Department of Correction raised a record amount of money for the Villages. This year, we are looking to better that record donation. I would like to at least make everyone aware of the charity and the amazing work they do for our next generation. We will be having fundraising events again this year and I would like to encourage everyone to participate.

SECOND CHANCE AT LIFE PROGRAM

By: Troy Mann, Dog Handler

Humans are directly responsible for causing great harm in this world. Occasionally, people are also responsible for trying to undo some of the harm wrought by others. P.R.E.F.'s hosting the *Second Chance at Life*

Program is a good example of people diligently trying to repair damage others have visited upon animals undeserving of what has been inflicted upon them. Every year, billions of dollars are made through betting on racing greyhounds, yet the animals generating these unfathomable amounts of money do not benefit from their labors, but are rather exploited and then discarded with little regard for the years they've served to line their owner's pockets. No matter how much money a greyhound has generated winning races, once retired, that dog is far more likely to be euthanized than to find a home where he may live out his days with a comfortable place to sleep and regular meals to look forward to. For most greyhounds, the *Second Chance at Life Program* is literally what the name implies.

Many residents, and not a few P.R.E.F. staff members are seemingly unaware of what the Dog Program at P.R.E.F. actually seeks to accomplish. Obviously, in rescuing these dogs from their undeserved fates we are trying to provide and care for these animals, but our shelter and nurture is only temporary. Our objective is more comprehensive than to merely feed and play with these animals. To achieve our ultimate goal of preparing these animals for their hopeful "forever homes", we must condition them through consistent behavioral training, so that they exhibit behaviors that make them more

appealing to prospective adoptive households. This conditioning requires not only the time, patience and efforts of the dog handlers themselves, but also the understanding and cooperation of the non-dog handling residents of the facility. Why? Good question – it's *natural* for people to respond to the good-natured playfulness of our K9 friends by encouraging them to bark and roughhouse. It's *natural* to want to feed them, and subsequently most of the guys cannot resist the impulse to share their own significantly limited stores of food items with their new, furry pals.

It's great that the guys are so enthusiastic & responsive to the presence of the dogs; however, by feeding them commissary food items they are actually causing the dogs more harm than good. Racing greyhounds are fed a strict regimen of raw meats and other fare specifically designed to keep them lean and in top performance condition. Retired racing greyhounds are by contrast generally fed commercially produced dog food that they as often as not find difficult to acclimate themselves to. It is not uncommon for newly retired dogs to exhibit upset stomachs, vomiting and/or diarrhea as a symptom of this period of dietary adjustment. These adjustment symptoms are greatly exacerbated by the well-meaning P.R.E.F. residents who toss them cookies or allow them to eat the remnants of a "slam". So guys, please, resist the impulse to feed the dogs anything other than the dog chow or treats provided by the *Second Chance at Life* facilitators.

As an afterthought ... dogs who have lived a lifetime on the track have not lived the life of a normal canine. They have not been socialized as family pets have, and have literally not learned how

to interact and play with other dogs, or people, for that matter. Some learn more quickly than others, some require more patience. If a dog handler asks you not to excite the animal or roughhouse with him, please bear in mind that this guy is only doing as he was instructed and is asking you not to encourage aggressive behavior in the dog that could discourage a prospective adoptive owner. If a dog handler asks you not to feed the dog, please bear in mind that he is not trying to dictate to you or keep you from enjoying interaction with the animal, but is merely following his own "dog handling rules of engagement" ... all of which are designed to make the transition from professional racer to domestic, adopted pet as swift and stress-free as possible. It isn't about us, about personalities, or individuals – it's about the dogs. Your cooperation is greatly appreciated, and by observing and respecting the rules you are actually facilitating the *Second Chance at Life* that these wonderful animals so richly deserve.

LIFESTYLES

By: Dwight Cobbs, PIO Clerk

Here are some simple ways to exercise your patience:

- Time it: Next time you're on hold for something or someone, see how long you actually wait. Chances are it'll be much less than it feels. Will that extra 10 minutes make a big difference in your schedule or day?
- Interrupt the fight-or-flight response: The minute you feel yourself getting impatient, pay attention to your body. First, breath deeply. Then roll your shoulders forward, up and back. Repeat. This allows blood flow to go

back to your brain so you can think more rationally.

- Turn a “problem” into an opportunity: Use that time to ponder the moves you’re going to make after you’re done doing what you’ve been waiting to do.

FAMILY

By: Dwight Cobbs, PIO Clerk

Negative experiences during childhood, from how a divorce is handled to the extent a child suffers abuse, could impact long-term health as an adult, according to new Center for Disease Control and Prevention research.

“Bad things that children are around and experience are linked to future adult health issues,” says Anne Robert, executive director of the Oklahoma Institute for Child Advocacy. “Some of the diseases we have now are behavior-related. We smoke too much, we eat too much, we don’t exercise, and that’s why we get sick.”

The study tracks 10 risk factors: emotional abuse, physical abuse, sexual abuse, emotional neglect, mother treated violently, household substance abuse, household mental illness, parental separation or divorce and incarcerated household member.

Almost three-quarters of the study’s participants had experienced at least one of the factors. One in eight people experienced four or more.

The study showed people with four or more adverse factors are twice as likely to be smokers, 12 times more likely to have attempted suicide, seven times more likely to be an alcoholic, and 10 times more likely to have injected illegal drugs. Higher adverse factors also show

a link to other behaviors, such as overeating and promiscuity.

TOUR GROUPS

By: Dalton Haney, PIO

Many of you have probably become accustomed to the tour groups walking around PREF. These individuals or groups have become almost a regular occurrence. Well, I would like to take this opportunity to thank everyone, staff and residents alike for their professionalism, understanding, and sometimes assistance with these groups.

You may wonder why I do not notify you ahead of time when we are expecting a tour. The reason is that the way we operate when we know we will be observed is the way that we should operate on a daily basis. Also, I want to show guests exactly what we do at PREF. Sure, we want to impress our visitors and gain their admiration, but we also want them to learn from what we are doing so that they can take back accurate information.

I have also been recruiting residents, specifically my clerk, Mr. Cobbs, and our dorm representatives to help me give tours. I think that this sometimes is the highlight of the tour. It becomes easy for me to show a guest around and explain our programs, but I can only present them with one side of the coin. The men who participate in the programs can give them their perspective which is invaluable.

Often I will ask staff to speak to guests about their dorm or what they do on a daily basis. I do this because you know better than I do. I appreciate your help with this and don’t mean to detract from your duties. The visitors and I understand that you are busy and don’t expect you to take time out to speak with

us. If you can great, and if not it's understandable. I would just like to thank everyone for their cooperation.

On a related topic, Thursday we hosted guests from all over the country. These guests were part of Dr. Roger Jarjoura's AIM training group. AIM is an acronym for Aftercare for Indiana through Mentoring. This program began working with juveniles approximately ten years ago and has now began to work with adults. The program's focus is to learn about issues that affect a person's re-entry.

This was the third of these groups to come to PREF and the tour seems to be the highlight of the training. This group was given the opportunity to speak to Superintendent Lloyd as well as a panel of six residents. The group asked questions and received a brief overview of PREF and re-entry in Indiana.

Following the discussion with Superintendent Lloyd and the residents, the group split up and went on a tour. The residents who participated on the panel then gave the tours. This gave the group the opportunity to ask more questions of the residents as they walked.

After the tour, the group reassembled for a closeout and final questions. Hopefully this has quenched everyone's curiosity about tours, specifically the most recent. I would like to once again thank all PREF staff and residents for their cooperation and understanding regarding tours. I would also like to thank the following residents for their assistance with Thursday's panel discussion and tours: Mr. Cobbs, Mr. Cashdollar, Mr. Hendrix, Mr. Haymaker, Mr. Brown, and Mr. Surface. Your help is much appreciated.

PREF MALE CHORUS CHOIR

By: Dwight Cobbs, PIO Clerk

The PREF Male Chorus Choir would like to have more members than there are presently. This includes individuals that are skilled in playing various instruments. If you are interested, please see Mr. Jordan in Walsh Dorm at your earliest convenience.

OPINION COLUMN

By: Dalton Haney, PIO

Beginning next week, we will open a new column of opinions. Each week, PREF Propeller staff will offer a topic for consideration. Staff and residents alike are then encouraged to submit articles on the topic by Thursday of the following week. These opinion articles will then be considered for print in the following week's PREF Propeller. Opinions should be kept positive and each article may not be published.

This week's topic: **School Violence and the Virginia Tech incident.**

JUST A THOUGHT

By: Dwight Cobbs, PIO Clerk

That which you fear or expect most will surely come to pass; the body manifests what the mind harbors.

- Denis Waitley

Suggestions for <u>The PREF Propeller</u> should be emailed to Mr. Dalton Haney, PREF PIO, with a subject line of "PREF Propeller" or given to Mr. Dwight Cobbs, PREF PIO Clerk, Young dorm.
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